A HE CALLED IT LOVE GUIDE

DATING AFTER ALL THAT

For getting back out there without dragging the old relationship in with you.

"You're not starting from zero. You're starting from everything you learned."

— from He Called It Love

THERE'S NO DEADLINE

Nobody decides when you're ready
except you.
You can date before you feel healed.
You can wait as long as you want.

Ignore every timeline but your own.

WHAT MOVED FAST LAST TIME, SLOW IT DOWN THIS TIME

"He already knows me" after two weeks — slow down.

Big declarations early — slow down.

Constant contact, all day, every day — slow down.

Fast isn't romantic. Fast is just fast.

WATCH HOW THEY HANDLE A SMALL NO

Not a huge one. A small one.

Can't make it tonight. Need to end the call.

How someone takes a small no tells you how they'll take a bigger one later.

NOTICE HOW YOU FEEL AFTER, NOT JUST DURING

During is easy to fake.
After — driving home, lying in bed — is where the truth shows up.

Your body kept better records than your hopeful brain did last time.

ASK THE DIRECT QUESTIONS EARLY

"What does conflict usually look like for you."

"Have you ever been told you have a temper."

Not paranoid questions. Normal ones. A steady person won't flinch.

SLOW IS NOT THE SAME AS BROKEN

Waiting longer to introduce them to friends.
Needing more reassurance than you used to.

That's not proof something's wrong with you. That's a nervous system doing its job.

THE PERMISSION SLIP

You're allowed to want love again.

You're allowed to be cautious and hopeful at the same time.

You're allowed to walk away the second something feels like the old pattern. Not the fiftieth time. The second.

You're not the same person who started dating last time. That's not a loss. That's information.

— Sara from He Called It Love